



"WE FEED THE BEARS!"

UNC DINING SERVICES IS COMMITTED TO PROVIDING QUALITY FOOD AND SERVICE IN A PROFESSIONAL MANNER TO THE UNC CAMPUS COMMUNITY AND GUESTS. WE SUPPORT THE MISSION OF THE UNIVERSITY BY PROMOTING NUTRITIONAL AWARENESS AND MEETING DIVERSE CULINARY NEEDS WHILE EMPHASIZING VALUE FOR ALL CUSTOMERS.

Healthy Eating, Active Living: One Step at a Time

THERE IS NO TIME LIKE THE BEGINNING OF THE SUMMER SEASON TO invest in your health and the health of your family. As you prepare for the warm days ahead, follow these goal-setting steps to start eating smarter and moving more.

Audit your food choices and lifestyle. A good place to start is by keeping track of what you eat or drink, along with how much, when and why. For example, do you snack when you feel stressed or bored? Keep a food diary to determine the eating behaviors you want to change.

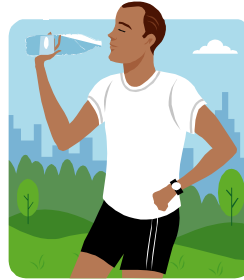
Set realistic personal goals. Decide what you want, such as a healthier weight or lower cholesterol. And remember that change doesn't mean giving up a food you like. However, smaller portions, different ways of cooking or being more physically active give you more "wiggle room" to occasionally enjoy foods with more calories.

Make a plan for change. Divide big goals, such as "I will eat better," into smaller, more specific goals, such as "I will eat one more piece of fruit each day." Write down practical steps you can take to achieve your goals. For example: **Goal:** Eat more whole-grain foods every day. **Steps:** Make sandwiches and toast with whole-grain bread. Switch to brown rice. Eat oatmeal for breakfast. Add whole-wheat pasta or whole barley to vegetable soups.

Re-evaluate your plan, preferably every month or two. Monitor how the changes you're making fit with your goals, and make additional changes as needed.

Be patient. Changes that last take time, commitment and encouragement. Most health goals take a lifelong commitment. Stick with your plan and remember that small steps toward reaching your goal add up over time. If you get off track, do not become discouraged. Pick up where you left off and start again.

Seek help from a qualified professional. A registered dietitian is the best source of reliable and up-to-date food and nutrition information, with the skills to translate science into practical advice you can use.



For more information on leading a more-healthy lifestyle, please visit the American Dietetic Association website at www.eatright.org. There you will find a number of useful tools, including a comprehensive listing of registered dietitians in your area.

Information in this article courtesy of the American Dietetic Association, 2007.

HR Fast Facts

Skill Soft On-line Learning

As an investment in training for staff, the University has made available to all employees a very fine Skill Soft on-line training program with over 600 courses available at no charge. Because these are on-line classes, internet access is required.

In addition, to help insure successful completion of the courses we have put into place an agreement form for both the student and supervisor to sign prior to beginning the course so that both agree to commit the time necessary to complete the training.

This is a great opportunity for all employees to expand their training in a variety of areas, both professionally and personally.

Contact Cathy Puckett for a username and password when you are ready to get started. She can be contacted at cathy.puckett@unco.edu or 351-2718.

For more info, call Human Resources at 351-2718 or visit the HR website at <http://www.unco.edu/hr>.

July Birthdays!

Janell Braden	July 1st
Teresa Sugi	July 3rd
John Chaffee	July 20th
Babette Halle	July 20th
Holly Wainscott	July 20th
Laura Nagel	July 21st
Sandy Warner	July 25th
Ana Casas	July 26th
Pam Adair	July 27th



Did we miss your birthday? Do you have comments, questions or ideas? Feel free to call the Dining Services Office at 351-2652 or email diningservices@unco.edu.

MARK YOUR CALENDARS!

INDEPENDENCE DAY

UNC will be officially closed on July 4th for Independence Day. The UC Food Court will be closed and Holmes will be open for breakfast only.

NEW STUDENT ORIENTATION

NSO groups will be on campus these dates in July:

- Monday-Tuesday, July 9th-10th
- Wednesday-Thursday, July 11th-12th
- Monday-Tuesday, July 16th-17th
- Wednesday-Thursday, July 25th-26th
- Monday-Tuesday, July 30th-31st

All meals for students and parents will be served through either Catering or the UC Food Court.

COMING NEXT MONTH . . .

Opening Weekend will be here before we know it! The Welcome BBQ will be Friday, August 24th and UNC classes officially start Monday, August 27th.



Happy 4th of July!
Have a fun & safe holiday!

FEATURED EMPLOYEES OF THE MONTH

Featured Employees are picked at random every month and displayed in each dining room so both you and our customers can learn more about our wonderful employees!

The Featured Employees of the month for July are:

- Zuleika Santos (Holmes)
- Jonathan Chaffee (TK)
- Trent Satterthwait (UC)

Fun Food Facts

Buffalo wings aren't made of buffalo, but chicken! They're named after Buffalo, NY where they were created in 1964 at the Anchor Bar.

Ranch Dressing was invented in the late 1950s by a former plumber, Steve Henson, who owned the Hidden Valley Ranch in California.

Colonists thought that the flavor of ham was related to the number of snakes eaten by the pigs - the more snakes the better the flavor.

Native Americans introduced chewing gum to the pilgrims. They chewed resin from the black spruce tree to ease hunger pains.

You can thank Thomas Jefferson for some of your favorite foods. He introduced waffles, macaroni and ice cream to America.

The word ketchup originally came from China in the 1600s. The Chinese sauce was made from pickled fish instead of tomatoes. Imagine that on your burger!

Fun Food Facts from the Hidden Valley Ranch website



Welcome!

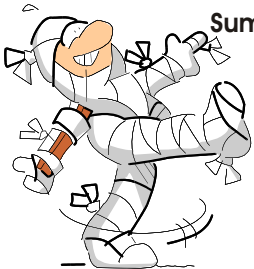
A warm welcome to **Kathleen Rudd**, who is the new Unit Chef at Tobey-Kendell!

Welcome to Dining Services!

CAPTAIN GRAVITY'S SAFETY TIP OF THE MONTH

SUMMERTIME GRILLING SAFETY

Summer is prime grilling season, even though many people grill all year round. But, whether you grill often or only occasionally, here are some tips for food safety at the grill!



Adapted from The Prospector, Summer 2007, a publication of the Colorado Dietetic Association.

Clean your machine. Before you fuel the fire or rake the coals, make sure your grill is clean by scrubbing it with hot, soapy water before each and every use.

Develop a taste for safety. Cooking to proper internal temperatures not only helps ensure the taste of your grilled dishes, it also helps ensure their safety. Next time you grill, grab a meat thermometer to make sure your food is delicious, nutritious and done.

Bust BBQ Bacteria. Always marinate meat in the refrigerator (never on the counter or outside by the grill), and bring leftover sauces to a boil before reusing them on cooked meats to stop cross contamination.

Watch the Clock. Next time you dine outdoors, keep guests safe by setting out perishable food items in one-hour shifts. After each shift, place uneaten food back in a refrigerator - set below 40 degrees. Or, keep perishable foods on ice to make sure they stay properly chilled.

